

LYNN COUNCIL ON AGING SENIOR CENTER



October 2015

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

I'll say it again! Holy guacamole, the summer flew by!! But I have good news! We are in planning mode. You may say, "Where are they?" Well, we'll be in meetings. And I can virtually be in a meeting anywhere! Sitting outside on the wall, grabbing some Vitamin D, during my windshield time commuting in on Bluetooth, or in a reserved conference room. Our planning meetings are the best. We basically decide what is feasible for the upcoming months. We need your bucket list! Is there someplace you want to travel? Is there an activity you want to do? Have any fun ideas for the upcoming holidays? Nothing to do with snow, please! A talent or skill, you'd like to learn? The possibilities are endless. We can partner up with community agencies or corporations. We can research philanthropic projects we might want to assist. We can chair travel around the world! Learn how to skype and or TWEET! Sing as a group; but not necessarily form a choir. Or form a "Glee Club"! Projects that are in progress are scheduling a luau cookout, hosting LGBT events, offering simple snack baking classes and lastly Spanish language classes for participants who want to expand their communication and grammar skills and for English speaking participants who want to learn Spanish. We may host a contractors fair to showcase local contractors that will take small jobs. We do promise to continually evaluate and remain open minded to bring you the best offerings possible.

~Stacey Minchello

From Your Mayor

As the leaves begin to change and our days start getting cooler, we are reminded by how beautiful fall in New England is.

There are several events coming up that I hope you can take advantage of. Conductor Keith Lockhart will perform at the Lynn Auditorium on Oct. 1 Actress Molly Ringwald will take the stage on Oct. 17 for a discussion and screening of *The Breakfast Club*. A showing of *The Rocky Horror Picture Show* will take place on Oct. 30. For more information please call the Box Office at 781-581-2971. Also this month, and in celebration of Halloween, Arts After Hours will present performances of "The Texas Chainsaw Musical" Oct. 9 – Oct. 31.

Before the colder weather sets in, I hope you can enjoy some fresh produce from the Central Square Farmers' Market each Thursday through the end of this month.

As we unfortunately get closer to flu season, two Lynn Flu Clinics will be held –one on Oct. 3 and the other on Oct. 24, both from 10 a.m. to 1 p.m. The clinics will be held at Lynn City Hall in the Health Clinic, Room 103. Please enter on the Johnson Street side of the Lynn City Hall building and bring your health insurance cards. It is not a problem if you do not have an insurance card.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
11:30 a.m.

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Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday of the
month quarterly

ABSENTEE BALLOTS

***Lynn City Hall will accept ABSENTEE BALLOTS through
October 13th.***

***The Lynn Senior Center has Absentee Ballots in
English and Spanish available for you.
Stop in or call, we can mail you one.***



OCTOBER HAPPENINGS

Trip sign-ups begin, Mon, Sept 28th

- Thurs, Oct 1 Birthday Karaoke** 11:30 am – 1:00 pm
- Mon, Oct 5 Topsfield Fair** \$2 bus \$8 ticket at gate
 Bus 1 & 2 9 am – 3pm Bus 3 10:30 am – 5 pm
- Thurs, Oct 8th FREE FOOT CLINIC!** 9 am—11:30 am
 Have your feet examined and cleaned by a nursing student. Free advice.
- Thurs, Oct 8 Ice Cream Social!** \$.25 1pm
- Mon, Oct 12 Columbus Day** Center is closed
- Tues, Oct 13 Foxwoods** \$28 6:30 am – 6:30 pm
- Bonus - full course buffet lunch or 15.00 food voucher Tanger Outlet Shopping*
50/50 Raffle on bus with Bingo and a movie
Handicap bus holds two wheelchairs- first come first serve
Age 21 years old and older may accompany
- Tues, Oct 13 Blood Sugar AND Blood Pressure Clinic** 8 am – 9:30 am
- Weds, Oct 14 Lunch Trip: Flaming Grille, Revere** \$2 10:30 am – 1:30 pm
- Fri, Oct 16 BROWN BAG: BOSTON FOOD BANK sponsored** 10 am – 12pm
- Mon, Oct 19 Field Trip: Foliage Tour** \$2 9:00 am – 2:30pm
 Honey Pot Hill Orchards and Friendly's –lunch on your own
- Mon, Oct 19 SHRED DAY!** Bring your papers in to shred 9:30 am – 11:30 pm
- Weds, Oct 21 FLU CLINIC** Large Activity Room 9:30 am – 12:30 am
- Thurs, Oct 22 Podiatry Appointments** 10 am – 12 pm
- Fri, Oct 23 Boston Sports Fan Day!** 9:30 am – 12pm
 Trivia Balloon Contest 9:30 am
 Hot Dog, Soda and Chips \$2 lunch 10:45 am – 12pm
 50/50 raffle 12 pm
 Wear your favorite teams shirt! Thank you FRUENDS of LCOA!
- Thurs, Oct 22 Lunch Trip: Mount Vernon Restaurant, Somerville** \$2 10:30 am – 2pm
- Weds, Oct 28 Lunch Trip: Tavern on the Square, Salem** \$2 11am -2pm
- Thurs, Oct 29 Halloween Party –Monster Game Show** 9:45 am.
- Best Costume wins a prize~ Entertainment: 12 pm

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OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE	HAPPY HALLOWEEN!	Requested Donation \$2.00 per meal	¹ Turkey Chili White rice Garden salad/dressing Italian bread Pudding ALTERNATIVE Arroz con carnitas(beef)	² Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Braised chicken
⁵ Boneless pork chops/ gravy Garlic mashed poatoes Collard greens WW bread Fruit cocktail ALTERNATIVE Veggie burger/roll Seasoned potato wedges	⁶ Chicken teriyaki Brown rice Stir fry vegetables WW roll Banana ALTERNATIVE WG macaroni and cheese Salad/dressing	⁷ Baked white fish/tartar sauce Red potatoes Green peas Italian bread Cookie ALTERNATIVE Turkey/creole sauce Red potatoes	⁸ Meatloaf/brown gravy Mashed sweet potatoes Salad/dressing WW bread Tapioca pudding ALTERNATIVE Chicharon frito(pork), Chipotle sweet potatoes	⁹ Turkey milanese Rice and chick peas Carrots Snack loaf Chilled pears ALTERNATIVE WG cheese pizza Broccoli
¹² HOLIDAY NO MEAL SERVICE	¹³ Latin style pork/gravy Plantains Salad/dressing Italian bread Fruit cocktail ALTERNATIVE Baked tomato chili chicken	¹⁴ BBQ chicken Candied yams Broccoli WW bread Banana ALTERNATIVE Curried beef,sweet potato	¹⁵ NE style cod/tartar sauce Baked beans Salad/dressing WW roll Chilled pineapple ALTERNATIVE WG baked pasta mozzarella	¹⁶ Beef stew Beets Rye bread Cookie ALTERNATIVE Caribbean chicken
¹⁹ Roast turkey florentine Crispy potatoes California blend Vegetables WW bread Pudding ALTERNATIVE Eggplant parmesan/	²⁰ Meatballs/marinara sauce Pasta Salad/dressing Italian bread Banana ALTERNATIVE Tilapia/tomatilla salsa	²¹ Turkey/creole sauce Mashed sweet potato Capri blend vegetables Rye bread Cake ALTERNATIVE Egg salad sandwich, 4-bean salad	²² Chicken cacciatore/ pasta Salad/dressing WW roll Applesauce ALTERNATIVE Arroz con carnitas(beef)	²³ Salmon/dill sauce Yellow rice Green beans WW bread Fruit cocktail ALTERNATIVE Stuffed rigatoni
²⁶ Cheeseburger/ ketchup Potato wedges Mixed vegetables Hamburger roll Chilled pears ALTERNATIVE Cerdo asado(pork)	²⁷ Roast turkey/gravy Mashed potatoes Salad/dressing WW bread Banana ALTERNATIVE Creole fish,potatoes	²⁸ Cheese tortellini/ meat sauce California blend vegetables WW roll Chocolate pudding ALTERNATIVE	²⁹ HALLOWEEN SPECIAL Rosemary chicken Mashed sweet potatoes Green peas Rye bread Halloween cookie	³⁰ Lemon pepper pork Rice and beans Green beans Muffin Chilled peaches ALTERNATIVE Caribbean beef

SENIOR CENTER ACTIVITIES • OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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CASINO TRIPS

Departs from Lynn Senior Center

Casino Trips from Revere

Foxwoods \$28

7 am - 6:30 pm

Tuesdays: Oct. 13
Nov. 17

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package:

\$10 food coupon for retail food vendors or free buffet

Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.

Remember to bring your rewards card!

**Tanger Outlets at Foxwoods
Now Open!!**



Mohegan Sun \$27 *plus tip*

10 am depart Revere 6:30pm depart casino

Oct. 13 & 27;
Nov. 10 & 24;
Dec. 8 & 22

Twin River \$27 *plus tip*

10 am depart Revere
6:30pm depart casino

Oct. 8 & 22;
Nov. 5 & 19;
Dec. 3, 17 & 31



Now Express!! Straight run - no stops!

**Call Ida at 781-289-1854 for
reservation, questions, and pick
up location/parking.**

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Oct 7th	The Second Best Exotic Marigold Hotel	PG	2015	123 mins
Oct 14th	Slumdog Millionaire	R	2008	120 mins
Oct 21st	Despicable Me	PG	2010	130 mins
Oct 28th	E.T. The Extra-Terrestrial	PG	1982	117 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



Thank you!

Thank you to all our sponsors that helped us roll to WASHINGTON DC!

DiVirgilio Financial Group	General Electric	
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National Grid	North Shore Elder Services	
Senior Care	Solimine Funeral Homes	Tom's Taxi

In honor of my late father, Ernest M. Mares, U.S. Army Air Corps

~Jeanne M. Kleene

In loving memory of my late husband, Paul

~Melvina Pelletier

In loving memory of my late husband,

Guy C. Noble, Past Commander Post 56, Lynn -U.S. Army-Korea

~Joan B. Noble

In honor of John A. Pietrowski, U.S. Navy

The Kiosk for Living Well

Autumn at The Kiosk for Living Well

Fall represents change, and so we invite you to come to the Kiosk for Living Well to try something you've not done yet. It could be an online puzzle, riding the virtual bike, or telling the story of a recent adventure. It's up to you! **You can meet with our Falls Prevention specialist Sylvia on Thursday October 1st from 9:00-11:30. Brenda the Million Hearts nurse will be at the Kiosk on Tuesday October 13th from 9:30-11:30 and Thursday October 22nd from 9:30-11:30. They would love to see you and so would Sandra, Mayra, and Cheryl!**

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon. Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.



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Place Your Ad

Wellness Watch October 2015

My Life My Health workshop is an evidence based program developed by **Stanford University** for people with a variety of chronic conditions such as, but not limited to, heart disease, lung disease, diabetes, Parkinson's and arthritis. My Life My Health is facilitated from a detailed manual by two trained leaders. Classes are highly participative, where mutual support and success build the participant's confidence in their ability to manage their health and maintain active and fulfilling lives. The workshop covers subjects such as:

- Techniques to deal with concerns such as pain, stress, frustration, fatigue and isolation.
- Appropriate exercise for maintaining and improving strength, flexibility and endurance.
- Healthy eating.
- Appropriate use of medication.
- Communication effectively with family, friends, and health professionals.
- How to evaluate new treatments.
- Participants will make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program.
- Each participant receives a copy of the Living a Healthy Life with Chronic Conditions and an audio relaxation CD.

The small, supportive classes encourage new friendships with people who understand how you feel and will celebrate your successes.

Share what you know and learn from others who are living with similar challenges.

Sign up for our upcoming workshop at

Centerboard

16 City Hall Square. Lynn, MA

Thursdays

October 15-November 19

1:00-3:30pm

TO REGISTER, CONTACT: Kelsey Spotts 781-586-8530

Autumn

L O N G E R N I G H T S N A A U C N
 T O R U E S T U N Y R O K C I H R I
 M S O A Y Q E N I S I A O T R W O K
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 BIRD MIGRATION
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 CANNING
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 CHILLY
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EQUINOX
 FALL
 FARMING
 FEAST
 FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 HICKORY NUTS
 LONGER NIGHTS

NOVEMBER
 OCTOBER
 ORANGE LEAVES
 PIE
 PUMPKIN
 RAKE
 RED LEAVES
 SCARECROW
 SCHOOL
 SEASON

SEPTEMBER
 SHORTER DAYS
 SQUASH
 SWEET POTATOES
 THANKSGIVING
 TURKEY
 WINDY
 YELLOW LEAVES



COMPUTER CLASS NOTICE

Classes are limited to **8** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays** taught by Livan Adames. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to: **LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546



- Slow paced learning geared to seniors**
- Learn at your own pace -Individualized attention to your level**
- Offered in English and Spanish**

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1 11:15 a.m. – 12:15 p.m.

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

Introduction to Computers & Windows 7, Class #2 12:30 p.m. – 1:30 p.m.

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth including internet access.

Next class: October 7th, October 14th, October 21st, October 28th & November 4th

Medicare's Open Enrollment

Medicare's Open Enrollment is October 15 – December 7. Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2016. During Medicare's Open Enrollment, you will have a chance to change your plan for next year.

SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To make an appointment with the SHINE counselor here, please call 781-599-0110.

You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karampoulis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

October 13th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST



October 22nd

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

HEARING CLINIC

10:00 am—11:00 am



MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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